

small boxing handbook 8 by JJefArt

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Before starting you could do a 30 seconds
or 2 times 30 seconds jump rope to warm up

Example 1 of a boxing workout

3x1 minute of jump rope

3x1 minute shadow boxing

7x2 minutes mitt work

2x1 minute of light shadow boxing

2x1 minute of jump rope

24 minutes total

With around 30 second intervals: 32 and a half minute

-note that the total times for these workouts are longer
as you take intervals between sets and changing from
jump rope to for example shadow boxing might also need
a small pause

Example 2

2x2 minutes jump rope

3x3 minutes boxing bag

3x1 minute speedball

3x3 minutes double end ball

1x3 minutes shadow boxing

28 minutes total

Example 3

1 minutes of jump rope

5 minutes plyometrics warming up

3x1 minute of shadow boxing

5x1 minute of boxing bag

A couple of minutes of speed or power punch training

2x2 minutes boxing bag

5x1 minute of boxing bag

3x1 minute of shadow boxing

29 minutes total

Example 4

3x3 minutes jump rope

3x3 minutes boxing bag

3x3 minutes double end ball

3x3 minutes sparring

2x2 minutes shadow boxing

2x1 minute speedball

42 minutes total

Example 5

2x2 minutes jump rope

3x2 minutes boxing bag

A couple of minutes of speed or power punch training

3x2 minutes boxing bag
2x30 seconds speedbal
2x1 minutes double end ball
1x3 minutes shadow boxing
23 minutes total

Example 6

3x3 minutes jump rope
5x3 minutes mitt work
3x3 minutes sparring
1x3 minutes shadow boxing
2x2 minutes jump rope
40 minutes total

example 7

3x3 minutes jump rope
6x2 minutes mitt work
3x2 minutes sparring
2x1 minutes double end ball
1x2 minutes shadow boxing
31 minutes total

You can always change up these examples and do more or less sets
and or change the amount of minutes.

There are fighters who move a lot and fighters who don't
Fighters who move a lot in a certain way are sometimes called "dancers"
To defeat a fighter that moves a lot
Don't go with his pace keep your own pace and let him tire himself out
Find out his rythem
How to defeat a fighter that doesn't move a lot
Drag him into your pace
Work the sides and work from the sides here and there
The jumpers
In boxing this is almost never seen but there are fighters that make small jumps all the time
Mostly backward and forward a little or just on the spot
To defeat a "jumping fighter"
Let him tire himself out
Find out his rythem
Time your punches when he's in the air so it's harder to defend
Use the small jumps against him
If he moves backward and forward while making small jumps time a punch when he moves
forward
so it hits a lot harder (using his forward motion against him)

How the text book boxing styles seem to win
Outfighters tend to win by endurance, but also by technique
Sluggers/brawlers tend to win by power through knockout
Infighters/swarmers tend to win through knockout due to technique and power
and the speed and skill to get in fast

Outfighters can win by knockout but are also very good at scoring points

Win a fight by technique

you can win a fight by technique

Winning a fight by out-maneuvering your opponent

in a fast-paced and life sized game of chess

This needs a sheer amount of training and perfecting observant skills and defensive and attacking skills

Winning by technique requires you to be a true student of the sport

And learn advanced ways to counter anything and everything that might be thrown your way

Fighters who win by technique are sometimes called the most skilled fighters of the sport

By building an arsenal of skills and techniques you can use different skills and techniques against different kinds of opponenents

Tip:

All in all outsmart your opponenent

Tip:

Competitive boxers need discipline and toughness if they want to succeed

Tip for power:

Do hang power cleans and hang power snatches

The hang (power) clean starts with the bar above the height of the knees

-I'd advice putting the bar on (steel) spotters or bar holders
so you don't need to do the deathlift motion.

A power clean is done by catching the bar in around a 45 degree squat

This is also much better for the knees

Don't go to, to heavy weights fast

And keep your back in a good position

You could do sets of 1 to 6 repetitions

Strengthen the core and legs for more punching power

Rocket jumps are also a great way to develop power

Other tip:

A straighter spine has better balance

But sometimes it's needed to have another kind of position

Other tip:

Also do some active and passive stretching to keep a good amount of flexebility

other tip:

You can use the agility ladder for faster foot work

The superman punch

Also called falcon punch, cobra punch, jumping punch or diving punch

The technique involves snapping the leg back while throwing a cross, resulting in greater power behind the punch

-Both feet might leave the ground

-Could be illegal because it involves something like a pivot

-Normally a kick is feigned but that would probably be a foul in boxing

The hybrid karate punch

Also called a lunge punch

With this technique I have hit a boxing bag the hardest it almost hit the ceiling

It is done by putting your back leg to a front leg position,

doing the tripple extension and

then also weightshifting is used to put extra power to the punch

Keep the arm back as long as possible and punch at the right time

-Unfortunately it's illegal because it is a pivot punch

Horizontal and vertical direct punching

Horizontal direct punching is cummon though in old skool boxing it has been used

Vertical direct punching is almost never seen in nowadays boxing

punching with a horizontal fist

More power because of the corkscrew motion.

More support for the wrist because it won't bend as easily when the fist is sideways.

More defense because your shoulders lift to protect your chin.

More useful because the horizontal fist can arc over your opponent's arms.

punching with a vertical fist

More power because your knuckles are better aligned for the straight-arm position

More power because of full use of triceps

Faster because of less movement

More support for the fist and wrist because the arm is straighter

A vertical splits through the opponent's guard easier

Less telegraphic because the elbow and shoulder movement is minimized

Some old school boxers say it protects the hands better

Boxing shoes

Boxing shoes are thinner than normal shoes allowing for more power transfer

Normal shoes and running shoes have shock absorbent qualities

If you've ever put on a pair of boxing shoes, you'll be amazed at how they feel more like a sock than a shoe

The thin soles allow your feet to feel and grip the ground like a tiger

pushing, pulling, circling and changing directions all over the canvas

Boxing shoes prevent sliding BUT allow pivoting